

TABLE OF GODS



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Chops for Warriors

Backstory: youtu.be/Gy6Km9yrPGg

Origin: Lagash 2402 BC

Prep time: 10 minutes

Cook time: 40 minutes

Serves: 4

Ingredients

1 tablespoon dried thyme

1 tablespoon dried rosemary

1 teaspoon table salt

$\frac{3}{4}$ cup (180 ml) extra-virgin olive oil

3 pounds (1 $\frac{1}{4}$ kg) rack of lamb

$\frac{1}{4}$ cup (60 ml) date syrup

Instructions

1. Preheat the oven to 320°F (160°C).
2. Mix the thyme, rosemary, salt, and olive oil.
3. Rub the rack of lamb with half the marinade; reserve the other half.
4. Add the date syrup to the reserved half of the marinade and whisk well to combine. Set aside.
5. In a skillet over high heat, sear the lamb for 1 minute on each side.
6. Transfer the lamb to a baking dish and brush with the marinade. Roast for about 40 minutes in the middle of the oven. When half the cooking time has passed, brush the lamb with the marinade again.
7. When the lamb is done roasting, take it out of the oven and brush it with the marinade once again.
8. Allow the meat to rest for about 5 minutes before serving.